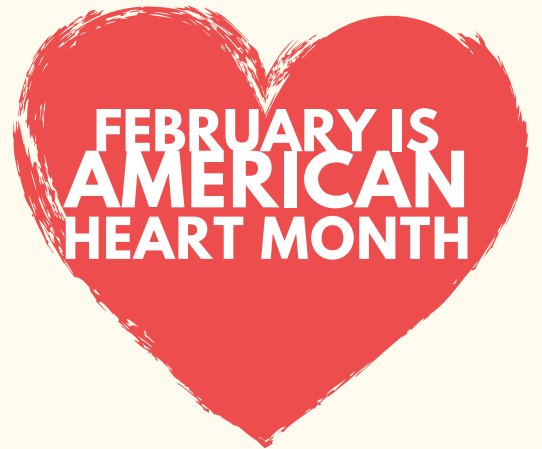
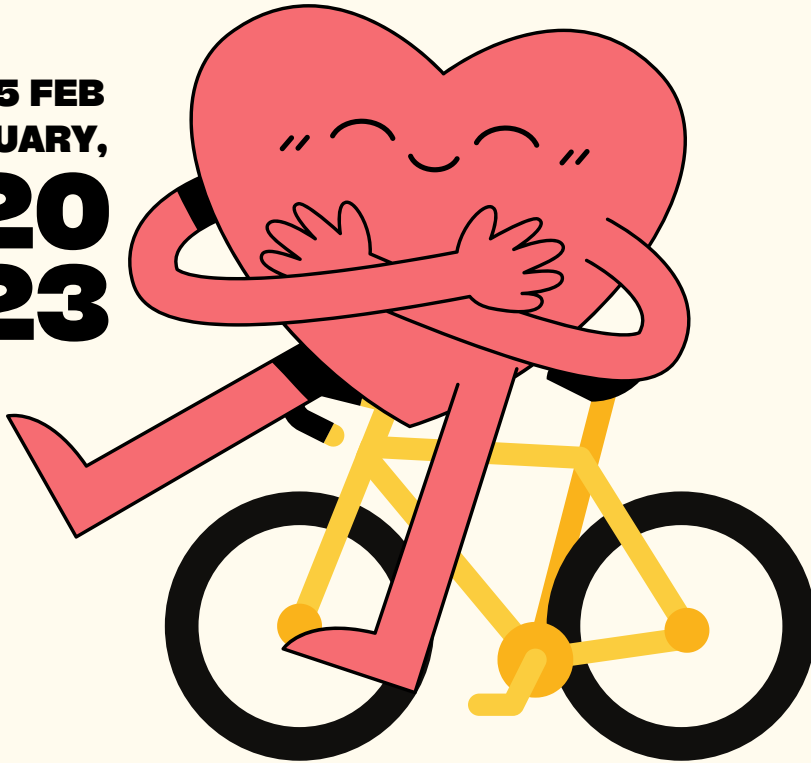


# SUPER CYCLE

EVENT AT NCHWELLNESS

25 FEB  
RUARY,

20  
23



**BRIGGS**

8:00-8:45AM **VALERIE**

8:50-9:35AM **LYNE**

9:40-10:25AM **ROSE**

JOIN US FOR ONE  
CLASS OR STAY FOR  
THE WHOLE EVENT!

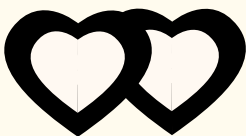
**WHITAKER**

8:30-9:15AM **LYNN**

9:20-9:50AM **DIANNE**

9:55-10:30AM **MIKE**

**[WWW.NCHMD.ORG/WELLNESS](http://WWW.NCHMD.ORG/WELLNESS)**



**BRIGGS | 399 9TH ST. N,  
WHITAKER | 2330 IMMOKALEE RD.  
WELLNESS@NCHMD.ORG**